

## The Inside Story - Session 1 - Nutrients

### Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

### Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

**Apples are a great source of long-lasting energy.**

**Can you suggest any other foods that will provide long-lasting energy?**

(fruits, vegetables, nuts, cheese, yoghurt) (open ended)

**Food is the fuel that powers our bodies to do our daily activities.**

**Why do you think it is so important to eat only the best nutritious foods for our health?**

(open ended)

**A balanced diet is made up of protein, dairy, grains, fruit , and vegetables.**

**Discuss why it is vital to eat foods from each of the 5 areas.**

(open ended)

**Foods can impact a child's mood and concentration.**

**What could a child eat if they're feeling grumpy or tired?**

(open ended)

**All of the nutrients serve important jobs to help the body function at it's best.**

**Can you recall what the different nutrients are, what foods they're found in, and the special job they do?**

Carbohydrates: multigrain or brown bread, pasta, cereal, rice, fruit & vegetables = energy

Protein: fish, lean meat, eggs, tofu, legumes, beans = builds and repairs muscles

Vitamins & minerals: a variety of foods = boosts the immune system

Calcium: dairy, milk, yoghurt, cheese, nuts, tin salmon, tofu, sardines, beans = strong teeth and bones

Lipids: avocado, eggs, oily fish = give body good essential fats, warmth, store energy, hair & skin health